

Giving Care. Taking Care.



How to care for an older loved one at home.

Free Workshop for Caregivers.



Do you care for an older loved one in your home? Would you like to learn practical skills for providing the best possible care? Need advice on handling the stress you sometimes feel? The Giving Care, Taking Care workshops can help by providing you with practical skills, training and support.

Program Topics

Home Safety
Body Mechanics
Nutrition
Communicating
Breaking Out of Isolation
Personal Care
Transferring a Person Out of Bed
What to Ask the Doctor
Resources in Delaware

Program Presenters

The presenters for this program are registered nurses, clergy, social workers and other helping professionals with backgrounds in the faith and health fields and with experience in serving individuals and families.

Information?

If you would like to learn more about the *Giving Care, Taking Care* program, or to find out where workshops are scheduled in your area, call the Delaware Ecumenical Council on Children and Families at 302.225.1040 and ask for Caregiving Training.



Delaware Ecumenical Council
on Children and Families



Delaware Health and Social Services
Division of Services for Aging and Adults with Physical Disabilities